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Obesity and frailty index in the Korean elderly

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This study was aimed to evaluate the frailty risk by according to body mass index (BMI) from using National Health Insurance Service (NHIS) data. Data of 66- year-olds subjects who had taken the Life Transition Period Health Examination from 01 January 2007 to 31 December 2013 were extracted. The subjects BMI groups were classified into five groups according to their BMI, as following five groups;: low weight (BMI<18.5 kg/m2), normal (18.5 kg/m2 ≤BMI<23.0 kg/m2), overweight (23.0 kg/m2 ≤BMI<25.0 kg/m2), obese(25.0 kg/m2 ≤BMI<30.0 kg/m2), and morbidly obese (BMI≥30.0 kg/m2). Demographic characteristics, laboratory data, and past medical history, including hypertension and, diabetes mellitus, were compared by between the BMI groups. The associations between the of BMI groups and risk of frailty factors such as gait speed (Timed Up and Go test), balance, history experience of falls down, cognitive function, and incontinence were evaluated using the Chi-square test and logistic regression methods analysis. Data from a total of 60,704 subjects data were included in the final analysis. People who had reported stroke and cardiovascular disease histories were excluded to reduce confounding effects. The subjects' Age, waist circumference, blood pressure, and past medical history including of hypertension and, diabetes mellitus were significantly different by according to the BMI groups. The frailty risks in terms of gait speed and balance, and the prevalence of a history of falls experience were increased in the obese and morbidly obese groups compared to in the normal weight group. Differential risks of frailty factors by according to BMI groups were evaluated in the current big large-scale data analysis.

Biography

Yoon Jeong Cho is an Assistant professor at Daegu Catholic University school of medicine, department of family medicine, South Korea. She graduated the Kyungpook National University school of medicine and completed a PhD in family medicine. She got intern and residency training in Kyungpook National University hospital from 2008 to 2011.

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